



# October 2020

For reservations please call Tricia by 1:30 the business day before at (303) 335-4931 or e-mail [BrooksCafe@louisvilleco.gov](mailto:BrooksCafe@louisvilleco.gov)

BROOKS CAFE  
FRIENDS, FOOD & FUN

Monday

Tuesday

Wednesday

Thursday

Friday

**Curbside Lunches:** will continue Monday –Friday through the month of October. Meals can be picked up between 12:00pm until 12:30pm.at the Turf Gym Entrance (south side of building)

**Reservations must** be made by 1:30 pm the business day before.

**Meals on Wheels** offers an option of home delivery & week-end meals, please call 303-665-0566

<b>5</b> Baked Tilapia with Tartar Sauce Sweet Potatoes Spaghetti Squash Pear Whole Wheat Roll	<b>6</b> Sweet & Sour Meatballs Rice Noodles Spinach Soufflé Apricots	<b>7</b> Baked Chicken Breast Scalloped Potatoes Stewed Tomatoes Whole Orange Whole Wheat Roll	<b>1</b> Crunchy Fish with Tartar Sauce Roasted New Potatoes Lemon Glazed Carrots Coleslaw Pear	<b>2</b> Smothered Chicken Burrito in Whole Wheat Tortilla Black Bean Relish Guacamole & Sour Cream Lettuce & Tomato Bananas & Oranges
<b>12</b> Eggplant Parmesan with Whole Wheat Spaghetti Marinara Meat Sauce Tossed Salad with Italian Dressing Whole Apple Garlic Bread	<b>13</b> Baked Cod with Brown Rice Mixed Vegetables Melon Cup Whole Wheat Roll	<b>14</b> Cheese Stuffed Chicken Baked Potato with Sour Cream Asparagus Whole Orange	<b>8</b> Baked Garlic Parmesan Pork Chop Yukon Gold Potatoes Grilled Brussel Sprouts Whole Apple Whole Wheat Roll	<b>9</b> Meatloaf Baked Potato with Sour Cream Glazed Beets Peaches Whole Wheat Roll
<b>19</b> Chicken Kiev Baked Potato with Sour Cream Winter Vegetables Canned Pears Multigrain Bread	<b>20</b> Battered Fish Fry with Lemon Wedges and Tartar Sauce Spinach Bake Tomatoes & Cucumber Salad Grapes Whole Wheat Roll	<b>21</b> Beef Burgundy with Noodles Broiled 1/2 Tomato Spinach Salad with Sunflower seeds & Raisins & Balsamic Orange	<b>15</b> Breaded Pork Chop Mashed Potato with Gravy Broccoli Broiled 1/2 tomato Whole Apple	<b>16</b> Italian Chicken with Whole Wheat Spaghetti Green Beans Whole Tangerine Crusty Italian Bread
<b>26</b> Ginger Soy Cod Rice Pilaf Grilled Asparagus Pineapple Chunks Whole Wheat Roll	<b>27</b> Chicken with Lemon Garlic Cream Sauce Quinoa Spinach Salad with Strawberries & Balsamic Dressing Grapes	<b>28</b> Beef Pot Pie with Biscuit Acorn Squash Tossed Salad with Balsamic Dressing Seasoned Melon	<b>22</b> <b>Birthday Day</b> Pork Piccata Whole Wheat Pasta Asparagus Grapes Whole Wheat Roll	<b>23</b> Beef Lasagna Tossed Salad with Italian Dressing Pears Garlic Bread
			<b>29</b> Pulled Pork Sliders on Whole Wheat Buns Black Beans Creamy Coleslaw Peach	<b>30</b> Creamy Pasta with Bacon & Chicken Breast Roasted Brussels Sprouts Whole Apple Whole Wheat Roll

Suggested donation for 60+ \$3.50; for 59 & under the **cost is \$12**. Chef Salad, Grilled Chicken Salad, Vegetarian Salad options available. (Meals prepared in a facility with wheat, nuts & milk)

**Menu Subject to Change.**

**Birthday Day:**  
Celebrating the month's birthdays!

**October 22**